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THE LEMON GROVE

REVIEW



Sweat Gangs

Aerobics in East County

by Keith Antigiovanni

A good description of aerobics is
that they are a way to have fun, meet
people and still get needed exercise.

Aerobics has many benefits. It helps
with the cardiovascular system and in-
creases flexibility in the joints and
muscles.

In addition to the physical benefits
of aerobics are the social benefits. It
motivates people to exercise when they
can, and also lets them exercise with
others.

"A major social benefit is that when
people come to the class, they can exer-
cise and interact with others, which
creates more enthusiasm, and helps
the diet," said Suzanne Stephens of
the Santee Recreation Center.

Most of the students at the Santee
classes are women between the ages of
30 - 50, but is open to anyone. Aerobic
classes in Santee are taught by Alisa
Crandall.

Stephens said that because aerobics
has such a strong dance connotation to
it, men usually shy away from it. Classes
are held at the City Hall,
Building 8, on Magnolia Avenue.

The Spring Valley Recreation



Members of Liza Dalyot's (straw hat) water aerobics class can beat the heat and
still get a workout at the Davis YMCA. Dalyot has been conducting these classes
for two years.

Photo by Marv Rosen

Center, located at 8735 Jamacha
Blvd., also has aerobic classes.

They are held every morning from 9
- 10 a.m., evenings at 6:30 - 7:30 p.m.
and on Saturdays, 10 a.m. - 11 a.m..

"We want the people who come to
the class to feel at ease and comfort-
able with doing it," said aerobic in-
structor Yolanda Van Lueven.

She commented that the benefits
are endless. If they can't keep up with
the exercises, they are encouraged to
march or walk in place, just as long as
they keep themselves moving. Exer-
cise is a lifelong learning process. Its
important to get exercise, instead of
just existing.

Wynell Watkins, another aerobics
instructor at Spring Valley, is a plus-

size instructor.

At one time, she was overweight,
with diabetes. She needed to take
insulin twice a day. Through exercise,
however, she was able to lose 50
pounds and lower her blood pressure.

Exercise essentially saved her life,
she said. She believes that exercise
should be "part of people's lifestyle,
something that is done every day like
brushing your teeth."

She added that even if you exercise
for 20 minutes a day, it is better than
nothing. She also wants to encourage
people who are plus-size to exercise
more and not be ashamed because of
their appearance.

Continued on Page 2

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE
Trustee's Sale No. 05-11-10200 Loan No. 064593-0 FNMA
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED FEBRUARY 21, 1997 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 23, 1998, 10:00 AM, At the south entrance to the County Courthouse, 220 West Broadway, in the City of San Diego, County of San Diego, State of California, Regional Service Corporation, a California corporation, as duly appointed Trustee under that certain Deed of Trust executed by Michael J. Coen and Olivia H. Coen, husband and wife as joint tenants, as trustees, recorded on March 2, 1997, as Instrument No. 1997-0115134, of official records in the office of the County Recorder of San Diego County, State of California, under the power of sale therein contained, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER for cash, or cashier's check (payable at the time of sale in lawful money of the United States) without warranty express or implied as to title, use, possession or encumbrances, all right, title and interest conveyed to and now held by it as such Trustee in and to the following described property situated in the aforesaid County and State, to-wit: Tax Parcel No. 577-610-03 From information which the Trustee deems reliable, but for which Trustee makes no representation or warranty, the street address or other common designation of the above described property is purported to be 8047 Blossom Lane, Lemon Grove, CA 91945. Said property is being sold for the purpose of paying the obligations secured by said Deed of Trust, including fees and expenses of sale. The total amount of the unpaid principal balance, interest thereon, together with reasonably estimated costs, expenses and advances at the time of the initial publication of the Notice of Trustee's Sale is \$158,630.54. Dated: August 26, 1998 Regional Service Corporation, Trustee By Manjiv Hakkinen, Treasurer Address of Trustee: 720 Seventh Avenue, Suite 400, Seattle, Washington 98104 Telephone No. (206) 340-2550 Sale Information: (206) 654-5545 Pub. 09/01/98, 09/08/98, 09/15/98 CNS1636243

NOTICE OF TRUSTEE'S SALE
Trustee's Sale No. 09071250M Loan No. 09071250M Title Order No. 2820447-125 APRN 479-180-42
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED OCTOBER 10, 1987 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 15, 1998 at 11:00 AM, N.A.

DELINQUENT TAX LIST
PURSUANT TO SECTION 3381 THROUGH 3385, REVENUE AND TAXATION CODE, THE PUBLISHED DELINQUENT LIST IN AND FOR THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, HAS BEEN DIVIDED AND DISTRIBUTED TO VARIOUS NEWSPAPERS OF GENERAL CIRCULATION PUBLISHED IN SAID COUNTY, FOR PUBLICATION OF A PORTION THEREOF IN EACH OF SAID NEWSPAPERS.

NOTICE
PUBLISHED DELINQUENT LIST
I, **PAUL BOLAND**, Treasurer-Tax Collector of the County of San Diego, State of California, hereby certify as follows:
That notice is hereby given that because of non-payment of the total amount due for taxes, assessments and other charges levied in the year 1996 for the Fiscal Year 1996-1997 shown in dollars and cents opposite the description of the property contained in the list below, the real properties on which such amounts were a lien, were by operation of law, in my office at the County of San Diego, declared to be in default at 5 o'clock p.m., on the 30th day of June, 1997.
Tax-defaulted real property may be redeemed by payment of all unpaid taxes and assessments together with such additional penalties and fees as prescribed by law, or may be redeemed under an installment plan of redemption.
All information concerning redemption, or the initiation of an installment plan of redemption, of tax-defaulted property will, upon request, be furnished by **PAUL BOLAND**, Treasurer-Tax Collector, 1600 Pacific Highway, Room 162, San Diego, CA 92101.
I certify under penalty of perjury that the foregoing is true and correct.

Executed at San Diego, County of San Diego, on August 1, 1998
PARCEL NUMBERING SYSTEM EXPLANATION
The Assessor's parcel number when used to describe property in this list, refers to the Assessor's map book, the map page or block number in the book and the individual parcel number on the map page or within the block. A parcel number as for example, '448-692-12' would mean Book 448 of the Assessor's Maps, Block 692 (Page 69, Block 2) and Parcel 12 within that block. A sub-identification number of 01 or 02, etc., to a parcel, as for example, '448-692-12-01' would indicate multiple ownership or condominium. The maps referred to are available for inspection in the office of the Assessor.
All property hereinafter described is in the County of San Diego, State of California, all townships being south of the San Bernardino Base, and all ranges being either east or west of the San Bernardino Meridian.
SITUS ADDRESS EXPLANATION
The street address of the property, if any is included as shown on the County Assessment Roll for each parcel declared to be in default. Parcels without an assigned street number are shown as street number 00000.
ABBREVIATIONS
LE-Life Estate
LF-Leased From
PF-Purchased From
TR-Trustee

PROPERTY DECLARED TO BE TAX DEFAULTED IN THE YEAR 1996 FOR THE TAXES, ASSESSMENTS AND OTHER CHARGES FOR THE FISCAL YEAR 1996-97.

TAX RATE AREA 15002
479-220-08-00 Chance Philip D & Julie 02933-35 Massachusetts Ave 2,135.82
479-230-34-00 Eio Robert E & Lois M 03010 Clarissa Ct 2,593.16
479-432-29-00 Martinez Milton & Cecile J 07160 N Vernon St 332.82
480-472-08-00 Davis Michael J & Lorna J 07474 Tracy St 947.58
576-010-41-00 Granados Rolando A & Ethel Q 06921 Ruby Ln 771.92
576-030-10-00 Lederman George M & Diane 02265 Berry St 672.66
577-212-11-00 Baria 1988 Family Trust and Baria Lee E et al 01661 Cameron Dr 1,458.06
TAX RATE AREA 15004
503-370-45-00 Bankers Trust Co Tr 08340 Bowen Rd 656.59
TAX RATE AREA 15005
577-161-06-00 Cones Roy & Elizabeth E 53.02
577-620-33-00 Diaz Clemente Z & Catalina H 08457 Idola St 77.49
TAX RATE AREA 15006
576-321-04-00 Delgado Francisco and Delgado Sergio 01666 San Altos Pl 68.91
576-471-16-00 Norman Carolyn F and Norman Emma L 01446 La Corta Cir 308.52
576-561-03-00 Lane Samuel & Juanita 01416 El Prado Ave 845.52
576-562-08-00 Salcedo Philip & Rebecca 07336 Alberdi Dr 127.76
TAX RATE AREA 15009
480-111-18-00 Passarino Paul I Tr 07892-94 Broadway 1,594.08
TAX RATE AREA 15012
479-100-02-00 Alirez Robert H 03110 Chateau Way 1,316.38
479-491-08-00 Franczak Stanley W & Leslie M 02322 Bonita St 1,199.42
480-450-50-00 Aames Capital Corp

Mortgage Services, Inc. as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on November 5, 1987, Instrument 87-624440 of official records in the Office of the Recorder of San Diego County, California, executed by Jerry A. Ross and Vicki Ross, husband and wife as joint tenants, as Trustor, Independent Financial Associates, as Beneficiary, Will sell at public auction to the highest bidder for cash (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At the south entrance to the County Courthouse, 220 West Broadway, San Diego, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: As more fully described in the Deed of Trust. The property hereinafter described is being sold "as is" the street address and other common designation, if any, of the real property described above is purported to be: 7380 Central Avenue, Lemon Grove, CA 92045. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$67,673.69 (Estimated Accrued Interest and additional advances, any will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recording. Date: 8/19/98 N.A. Mortgage Services, Inc., c/o California Reconveyance Company 9451 Corbin Avenue - N010201 Northridge, CA 91324 (818) 387-7728 Deborah Brown, Vice President Pub. 08/25/98, 09/01/98, 09/08/98 CNS1634192

The Lemon Grove Review

Box 127, Lemon Grove, CA
91946 • (619) 469-0101

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Steven Saint, Publisher

Assistants to the publisher:
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Sports Editor: Mary Rosen
Contributing writers: Cheryl Cohen,
Greg Eichelberger, Michael Krawczak,
Joe Naiman, Paul Treske,
Betty Jo Tucker

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Lemon Grove Almanac

1994 Population: 25,100
Incorporated: 1977
Area: 3.75 sq. mi.
Median income: \$34,399
1996-97 city budget: 26.3 million
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sessom
Council: Thomas Clabby
Craig Lake
Dwight Shelley
Jeff Jandura
City Manager: Doug Yount
Planning Director: Linda Niles
City Attorney: Gloria McLean
City Clerk: Christine Taub
Sheriff's Capt.: Yolanda Collins
Fire Chief: vacant

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin

Supervisory district:
2nd - Dianne Jacob

Libraries: 1
Post offices: 1
Parks: 4
Recreation centers: 1



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PG Perspectives

by Phillip Giannangeli

The pitch of pitches

I hear voices. No, not those voices. Although, I must admit that from time to time there is this one voice that keeps telling me to ... Never mind. What I'm talking about here is the tone, timber, range, pitch and resonance of voices rather than the content of what is being said. I'm cursed with the kind of hearing that is acutely aware of the varying sounds of voices, while often ignoring the message. And, therein, hangs the essence of this column.

Some voices are supple, soothing ripples of sound. Often they come at us from the media. These mellifluous voices act on us in a positive way, push us in certain directions. The sultry voice advising us about which bank to choose; that hardy baritone telling us there's nothing wrong with wanting all that luxury in a car, these are the voices that are easy on our ears and on our psyche, too.

It's those other voices, especially for me, that are the ones that can drive to distraction. What they say may or may not be of some import, but the screech or whine of the voice that comes out of the mouth, usually overwhelms any message being given. That text can be the secret to success and happiness or a dire warning of some impending calamity, but all that I can hear is that wha, wha, wha, wha, wha of high pitch and incessant cadence. Those are the voices that can drive me crazy.

One voice that had the capacity for annoyance, and really failed its owner in the recent past, was that of Governor Wilson. As he was seeking his party's nomination for president in 1996, the Gov's voice went on the fritz. Had some kind of polyp or something and when he did talk, he sounded more like a frog with a cold than a candidate for president. His campaign didn't last very long with that voice. I guess too many Republicans decided they couldn't abide that sound for the oath of office let alone a number of state of the unions. It was one of the few times the quality of the voice, as much as the message delivered, scuttled a speaker.

Other voices have had an impact on the nature of things. Imagine Mickey Mouse with a deep resonant voice or Lauren Bacall with a high, willowy one. Those chords vibrating against each other down there in our throats sure can make a difference. Some have speculated that had Abe Lincoln had today's media exposure, he might have never been elected president. His voice apparently had a very high pitch to it. Imagine "Four Score and seven years ago ..." given in the voice range of say, Mickey Mouse. Luckily for us, the sound of the words coming off the page can be put into any range, pitch or timber we want. I tend to think of Abe having a deep baritone.

Our voices, no matter whether they are good ones or the bad ones, are today going beyond communication. They, like our fingerprints, can serve as a source of identification. Apparently in each of us there is enough variation that we can be singled out, just as we can with our finger prints. I wonder if those with annoying voices have a common annoyance squiggle.

I started out telling you about the voices I hear. Maybe you hear them, too.

"What? No, I couldn't do that. That wouldn't be right."

Sorry, I didn't mean to digress. It's just those voices that I sometime hear drive me to distraction and make it hard to concentrate.

"Wha, wha, wha, wha, wha, screech, screech, screech ..."

Letter to the Editor

Judge not - NOT!

I did not vote for Mr. Clinton and did not hasten to judge him. Now, I think he's an absolute catastrophe and should be run out of the White House, where his decorum has been atrocious.

During work hours and with atrocities committed with those beneath him and in the service of their country!

How much more disgrace will they allow him to commit while holding the office of President of the United States.

I scourge him.

BETTY BLACKWELL
El Cajon

Gore on the make

Is anyone out there qualified to answer this question and, will they, please do so?

The question: Is Vice president Al Gore being brought up to speed on running the office of the president? It is quite possible Mr. Gore will be president before the next national election.

S.H. JOHNSON
Lemon Grove

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The Lemon
Grove Review

Box 127, Lemon Grove, CA 91946

New!

Free Tuesday Live! Box Ads

Free!

Free reader advertising boxes are now being offered in our six *Tuesday Live* publications. We encourage sports, recreation or fitness items, but, hey, advertise your yard sale if you want.

ONLY FIVE BOLD WORDS
Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as two. Our current *Tuesday Live* circulation is at least 5,000 per week.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

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<p>SEMINAR: MYSTIC FORCE OF GOD. Enlightening lecture, mantra meditation, delicious vegetarian dinner. All welcome. Please call for reservations: 689-6343.</p>	<p>WESLO Cardio Glide. Like new. \$200. 660-2235</p>	<p>LIFECYCLE, authentic home model 6500, one owner, excellent condition, like new, \$675/best. 587-9750.</p>	<p>PROF gym recumbent Vision Fitness cycle, programmable, console computer, purchased 5 mos, never used. Pd \$1000; \$850/bst offer 429-0403.</p>	<p>SPORTS LEAGUE COORDINATOR Roller Hockey, weekends, 20+ hrs, organized person. Parkway Sports Center. 442-9623</p>
<p>FITNESS/Pilates Certified Instructor for classes & personal training with reformer. Xlnt pay, La Mesa, Contact Linda at: 697-2582.</p>	<p>SPORTS NUTRITION OF GOLD MEDALISTS Get results, clinically tested scientifically-advanced formulas for maximum endurance, energy, hydration, recovery. Order before Sept. 30 for a free gift. Distributors available. 888-408-8884</p>	<p>FITNESS INSTRUCTOR wanted for The Woman's Club. Must be cert. or degreed. Contact Kathy: 697-2582</p>	<p>Available</p>	<p>AEROBICS - WATER FITNESS INSTRUCTORS. Exper'd, current certs nec, Mission Beach Plunge. CJ, 488-3110</p>
<p>Available</p>	<p>KEYS AERO MOTION, just like a Healthrider, excellent condition, heart rate monitor and timer, various settings, video, \$90/best. 583-1329.</p>	<p>Available</p>	<p>THIGH, BUTT SCULPTURE. Seen on TV. \$100 asking \$50. New condition.</p>	<p>FREE</p>

To submit an ad use this form provided. MAIL to Forum Publications, Box 127, Lemon Grove CA 91946.

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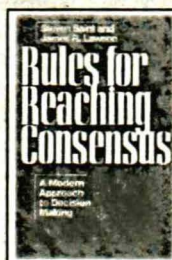
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Local Authors



When you're all supposed to be on the same team ...

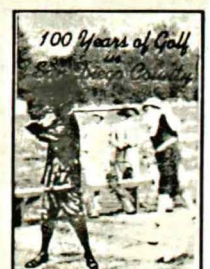
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Local Authors, Box 127, Lemon Grove, CA 91946

The Business & Services Directory
\$50 for 4 weeks or \$80 for 8 weeks.
Mail your copy to: P.O. Box 127, Lemon Grove, CA 91946

Sweat Gangs Continued from Page 1

She noted that not everyone is designed to be 140 pounds, people can be healthy at various weights. Wynell teaches the low-impact aerobic classes for people who are overweight or people who haven't exercised in a while.

La Mesa Recreation Center has classes run by Sylvia, who has a franchise of Jackie Sorensen Aerobics. The classes are held at 4:30 p.m. on Wednesdays, 8:30 a.m. from Monday through Thursday, at 8:30 a.m. Fridays and at 5:30 p.m. Tuesday and Thursday evenings.

Sylvia has been teaching aerobics for 23 years. The classes start everyone at their own level, then they proceed at their own pace.

She said there are various workouts, from abdominal workouts to light hand workouts to build upper

strength while working with weights to help prevent osteoporosis.

In addition to the physical benefits at La Mesa, a lot



of friendships are created, including celebrating everyone's birthday and using aerobics as a support group.

The East County Davis YMCA in La Mesa also offers a wide variety of aerobic classes.

Aquatics' instructor Liza

Dalyot has been teaching swimming pool aerobics for two years.

According to YMCA instructors, exercising in the pool has all the benefits of regular aerobics, but is less stressful to a person's body, especially someone who is recovering from an injury.

Other types of aerobics taught at the Y include step, low impact, stretch and tone, and interval aerobics, plus other fitness programs.

Another place that offers aerobics are the 24-Hour Fitness gyms in Santee, La Mesa, Grossmont Center and El Cajon.

"We offer all types of aerobic classes, country line dancing, yoga stretch, step,

aqua and hip hop," said Dustin Grime, the sales counselor at the Santee facility.

He commented that the hip hop class is very popular with the younger girls around the age of 14. The classes are offered from 8 a.m. to 8 p.m. on weekdays.

In addition to 24-Hour Fitness, there are other private facilities available in East County, including Jazzercise in La Mesa, San Carlos and El Cajon, Fitness Advantage in Spring Valley and the Women's Club in La Mesa.

Recreation centers usually offer free aerobic classes, while the private ones charge fees that vary with the establishment.

Elks seeking students for 27th annual Hoop Shoot

East County school students are being invited to enter competition for the 27th Annual Elk's Hoop Shoot, the national free throw shooting contest for all youngsters age 8 through 13.

It is the largest and most visible of the many youth activities sponsored by Elk's Lodges throughout the United States. The school-level contests will be held during the months of September and October at the schools.

Each school will crown school champions and alternates in all age groups. The school champions will then compete at the next level in December.

Over three million youngsters from throughout the country entered last year's competition for boys and girls in age categories 8 - 9; 10 - 11 and 12 - 13. Over 2,000 of those were from Santee and Lakeside schools, alone.

Elk's Lodge contest winners will compete in the Elk's California Southcoast District event. Winners there continue on with competition through state/regional/national events. Names of the national winners will be inscribed on the Elk's National "Hoop Shoot" plaque, on permanent display in the Naismith Memorial Basketball Hall of Fame in Springfield, Mass.

Jamie Nelson, from Lakeside's Tierra del Sol Middle School, won the Elk's California Southcoast District Championship for 12 - 13 year old girls, and came in third in the all-Southern California event.

East County Recreation Department Phone Numbers

Santee Community Services Dept	258-4180
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Recreation Department	441-1676
(Kennedy Center)	
Lemon Grove Recreation Center	668-4575
Lakeside Recreation Center	443-4169

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Walkers take to malls over hot city streets

By Norrie West

It's been said that exercise is the nearest thing to an anti-aging pill.

Shelly Buono, a specialist in the field of exercise and a director of the Grossmont Mall Walkers program, would cheerfully second motion.

"This program is now 12 years old. It began in 1986 as a part of Grossmont Hospital's cardiac rehabilitation," Buono said. "But it has grown far past that, with 1,450 registered, although I am sure not all of them walk every week."

The Mall Walkers Program actually, is a partnership between the hospital and Grossmont Shopping Center - that explains the mall connection.

The more enthusiastic mall walkers meet with Shelly at 8 and 9 every Saturday morning in the center food court for a bit of talk and exercise routine, before heading out on their weekly walk through the mall.

Newcomers are given a map that shows them the walking routes they can take, from half-a-mile to 1 1/2 miles.

Most of the walkers,

largely seniors, do their walking at their own time, checking in at a center store to record their mileage.

Their main desire to walk is for better health - some are ex-cardiac patients, some are mothers who push strollers. Most, however, are just people who want to stay young.

That's the main prize, but there are other reasons - a certificate for 25 miles, a custom t-shirt for 50 and even a prize for 1,000 miles.

That may seem like a lot, but Julinda Pose, who got into the program at the start because of heart surgery, has gone - hold your breath - 12,000 miles.

Another former heart patient, Pat Kellogg, has walked past the 10,000-mile mark. Kellogg, like Pose, is a volunteer in the hospital cardiac rehab department, and also in the La Mesa RSVP program.

One of the happiest walkers is Christine McIntosh who is 83 and a resident of San Diego since 1922. She was once a professional dancer.

Another amazing walker is 82-year-old Millie Sedore who goes six miles every Saturday.



Mall Walkers director Shelly Buono (center) chats with veteran walkers Jean Scatano (left) and Beatrice Aronoff.

Photo by Norrie West

There is also David Reavis of Santee, who does his walking in a wheel-chair, accompanied on foot by his wife, Patty.

"It may sound like everyone is 80, but, we have many in their 40s and 50s," Buono said. "Although most are seniors, with their energy and attitude, you wouldn't know it."

The Mall Walkers don't just walk. There are other activities like a trolley trip

to Seaport Village, their annual holiday event, a Mission Trails hike and breakfast, blood pressure screenings, Older Americans Health Fair, flu vaccinations, Sharp senior health symposium and more.

All in all, it does far more than the cardiac help it was first designed for.

The best part is that anyone can join in. Just call 644-4214. This is, if you don't mind walking.

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